



# National Child Care Information Center

*A service of the Child Care Bureau*

NCCIC

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World Wide Web: <http://nccic.org>

## INFANT and TODDLER NUTRITION

Listed below is a sample of resources and organizations with information about infant and toddler nutrition. However, it is important to note that a child's pediatrician is the best source for health information.

### Organizations

#### ■ American Academy of Pediatrics (AAP)

141 Northwest Point Boulevard

Elk Grove Village, IL 60007-1098

847-434-4000

World Wide Web: <http://www.aap.org>

AAP provides general information for parents of children from birth through age 21. The AAP Web site section Children's Health Topics provides an extensive array of books, brochures, videotapes, and posters on several topics related to health and nutrition for young children.

AAP's resources on nutrition are available on the Web at

<http://www.aap.org/healthtopics/nutrition.cfm>.

#### ■ National Association for the Education of Young Children (NAEYC)

1509 16th Street NW

Washington, DC 20036

800-424-2460

World Wide Web: <http://www.naeyc.org>

NAEYC is a nonprofit professional organization dedicated to improving the quality of care and education provided to our nation's young children. NAEYC has over 100,000 members, teachers, administrators, parents, policy-makers, and others committed to bringing high-quality early education and care to all young children.

The Association administers the NAEYC Academy for Early Childhood Program Accreditation, a voluntary, national accreditation system for high-quality early childhood programs; and the National Institute for Early Childhood Professional Development, which provides resources and services to improve professional preparation and development of early childhood educators and fosters development of a comprehensive, articulated system of high-quality professional development opportunities. In addition to the bimonthly journal *Young Children*, NAEYC publishes an extensive array of books, brochures, videotapes, and posters. *Early Years Are Learning Years* fact sheets on various topics, including nutrition education for young children, are available on their Web site at <http://www.naeyc.org/resources/eyly/default.asp>.

■ **National Center for Education in Maternal and Child Health (NCEMCH)**

2000 15th Street North, Suite 701

Arlington, VA 22201-2617

703-524-7802

World Wide Web: <http://www.ncemch.org>

NCEMCH is a program of the Maternal and Child Health Bureau of the U.S. Department of Health and Human Services. The center publishes educational materials pertaining to children's health and well-being, and maintains an extensive reference collection. The following resources are available through the National Maternal and Child Health Maternal Library:

- *Celebrating Diversity: Approaching Families Through Their Food* (rev. 1998), by Darby C. Eliades and Carol West Suitor, published by the National Center for Education in Maternal and Child Health, combines an emphasis on nutrition education with a focus on understanding families' diverse food preferences from their ethnic and cultural backgrounds. To order a copy of this publication contact the Health Resources and Services Administration (HRSA) at 888-275-4772 or on the Web at <http://www.ask.hrsa.gov/>.
- *Making Food Healthy and Safe for Children: How to Meet the National Health & Safety Performance Standards - Guidelines for Out-of-Home Child Care Programs* (1997), edited by D.E. Graves, C.W. Suitor, and K.A. Holt, by the National Center for Education in Maternal and Child Health, offers information for child care providers about healthy and safe food for children in group settings and to help providers meet the nutrition standards. This resource is available on the Web by chapters.

"Chapters one and two: Introduction and keeping everything clean" is available on the Web at [http://www.mchlibrary.info/pubs/PDFs/Nutrition\\_Stnd/Nutrition\\_1\\_2.pdf](http://www.mchlibrary.info/pubs/PDFs/Nutrition_Stnd/Nutrition_1_2.pdf).

"Chapter three: Using foods that are safe to eat" is available on the Web at [http://www.mchlibrary.info/pubs/PDFs/Nutrition\\_Stnd/Nutrition\\_3.pdf](http://www.mchlibrary.info/pubs/PDFs/Nutrition_Stnd/Nutrition_3.pdf).

"Chapter four: Planning to meet the children's food needs" is available on the Web at [http://www.mchlibrary.info/pubs/PDFs/Nutrition\\_Stnd/Nutrition\\_4.pdf](http://www.mchlibrary.info/pubs/PDFs/Nutrition_Stnd/Nutrition_4.pdf).

"Chapter five: Promoting pleasant meals and snacks" is available on the Web at [http://www.mchlibrary.info/pubs/PDFs/Nutrition\\_Stnd/Nutrition\\_5.pdf](http://www.mchlibrary.info/pubs/PDFs/Nutrition_Stnd/Nutrition_5.pdf).

"Chapter six: Helping children and families learn about food" is available on the Web at [http://www.mchlibrary.info/pubs/PDFs/Nutrition\\_Stnd/Nutrition\\_6.pdf](http://www.mchlibrary.info/pubs/PDFs/Nutrition_Stnd/Nutrition_6.pdf).

"Appendix: Community resources, materials for parents" is available on the Web at [http://www.mchlibrary.info/pubs/PDFs/Nutrition\\_Stnd/d\\_appendix.pdf](http://www.mchlibrary.info/pubs/PDFs/Nutrition_Stnd/d_appendix.pdf).

Additional information about these and other publications is available on the Web at <http://www.mchlibrary.info/pubs/default.html>.

■ **National Resource Center for Health and Safety in Child Care (NRC)**

UCHSC at Fitzsimons

1784 Racine Drive

Bldg 401, Room 106

Aurora, CO 80045-0508

800-598-KIDS (5437)

World Wide Web: <http://nrc.uchsc.edu/>

NRC is located at the University of Colorado Health Sciences Center in Denver, Colorado, and is funded by the Maternal and Child Health Bureau (MCHB), Health Resources and Services Administration (HRSA), U.S. Department of Health and Human Services (HHS). The NRC's primary mission is to promote health and safety in out-of-home child care settings throughout the nation. NRC published:

- *Caring for Our Children: National Health & Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs, 2<sup>nd</sup> ed.* (2002) is a joint collaborative project of American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care. This manual includes basic standards of practice to ensure the health and safety of young children in child care, a rationale for each standard, and comments with background information or additional resources to help meet the guidelines. Chapter 4, "Nutrition and Food Service," includes guidelines for health education, a sample nutrition plan, and policy. The appendices also provide information on food components for infants, preschoolers, and school-agers, infant feeding policies, and child care food service staff requirements. This publication is available on the Web at <http://nrc.uchsc.edu/CFOC/index.html>.

■ **U.S. Department of Agriculture (USDA)**

**The Child Care Nutrition Resource System**

10301 Baltimore Avenue

Beltsville, MD 20705-2351

301-504-5719

World Wide Web: <http://www.nal.usda.gov/childcare/index.html>

The Child Care Nutrition Resource System provides information to persons working in USDA's Child Nutrition Programs. It is developed by the National Agricultural Library's (NAL) Food and Nutrition Information Center and the University of Maryland Department of Nutrition and Food Science in collaboration with USDA's Food and Nutrition Service. The Child Care Nutrition System provides recipes, resources, and information on preparing nutritious meals and food safety. The Child Care Nutrition Resource System also offers child nutrition resources in Spanish, Arabic, Bengali, Chinese, Creole/Haitian, French, Japanese, Korean, Punjabi, Russian, Thai, Urdu, and Vietnamese. Non-English resources are available on the Web at [http://www.nal.usda.gov/childcare/Resources/multilingual\\_multicultural.html](http://www.nal.usda.gov/childcare/Resources/multilingual_multicultural.html)

■ **U.S. Department of Agriculture (USDA)**  
**Food and Nutrition Service (FNS)**

3101 Park Center Drive, Room 926

Alexandria, VA 22302

703-305-2062

World Wide Web: <http://www.fns.usda.gov/cnd/>

The FNS agency provides children and needy families better access to food and a more healthful diet through its food assistance programs and comprehensive nutrition education efforts. A major function of the FNS is oversight and management of the Child and Adult Care Food Program (CACFP). Another part of this program is the Team Nutrition, which provides schools with nutrition education materials for children and families; technical assistance materials for school food service directors, managers, and staff; and materials to build school and community support for healthy eating and physical activity. State agency partners provide training and technical assistance to support these programs in local schools. The following are some publications made available by the Team Nutrition:

- *Child Care Recipes: Food for Health and Fun* (1999) contains more than 180 recipes that were developed specifically for child care centers. This recipe set will help staff prepare meals in line with the Dietary Guidelines for Americans, by stressing the use of more fruits, vegetables and grains while lowering fat content. It includes a useful booklet on working with the recipes, 43 information cards and a reprint of a Food Safety and Inspection Service publication, "Keeping Kids Safe: A Guide for Safe Food Handling & Sanitation for Child Care Providers." This resource can be ordered from the publishers, the National Food Service Management Institute, at 800-321-3054.
- *Building Blocks for Fun and Healthy Meals* (2000) is a menu planner for the Child and Adult Care Food Program. This menu planner contains information on the CACFP meal requirements, advice on how to serve high quality meals and snacks, menu planning, nutrition education ideas and tips, the Dietary Guidelines for Americans, the USDA Food Guide Pyramid, food safety facts, sample menus, and much more. This publication is available to child care centers upon request ([teamnutrition@fns.usda.gov](mailto:teamnutrition@fns.usda.gov)) and it is also available on the Web at <http://www.fns.usda.gov/tn/Resources/buildingblocks.html>.
- *Menu Magic for Children* (2002) is menu planning guide for child care that provides information on the Child and Adult Care Food Program (CACFP) meal pattern requirements, serving quality meals and snacks, and tips on menu planning and grocery shopping. It contains a set of eight tear-out recipe cards with a storage pocket in the back of the booklet. This publication is available on the Web at [http://www.fns.usda.gov/tn/Resources/menu\\_magic.pdf](http://www.fns.usda.gov/tn/Resources/menu_magic.pdf).

- *Feeding Infants: A Guide for Use in the Child Care Food Program* is a publication of the Food and Nutrition Service of the USDA. It covers topics of infant development and feeding skills; feeding by bottle; introduction of solid foods; and sanitation, food preparation, and safe food handling. A unique feature of this booklet is the appendix of handouts for duplication and distribution to participants in training groups. Call the Food and Nutrition Service Nutrition and Technical Services Division at 703-305-2554 or 2556 to receive a copy of this booklet free of charge. This publication is also available on the Web at [http://www.fns.usda.gov/tn/Resources/feeding\\_infants.html](http://www.fns.usda.gov/tn/Resources/feeding_infants.html).

Additional Team Nutrition resources are available on the Web at <http://www.fns.usda.gov/tn/>. Resources in Spanish are available on the Web at <http://www.fns.usda.gov/tn/sp-Default.htm>.

### **Additional Resources**

#### ■ **Feeding Young Children in Group Settings School of Family and Consumer Sciences**

**University of Idaho**

P.O. Box 443183

Moscow, ID 83844-3183

208-885-7321

World Wide Web: <http://www.ag.uidaho.edu/feeding/>

Feeding Young Children in Group Settings is an educational project designed for child care professionals and educators in order to promote a nurturing feeding environment for children. The project integrates concepts from nutrition, child development, and food safety and presents information about best practices in feeding young children. This site contains a variety of educational materials, learning activities, and resources for child care providers, Head Start teachers, food service workers, and other professionals who prepare and provide food to young children in group settings.

#### ■ **National Network for Child Care (NNCC)**

Iowa State University Extension

1094 LeBaron Hall,

Ames, IA 50001

World Wide Web: <http://www.nncc.org/>

NNCC is supported by the Cooperative State Research, Education and Extension Service, U.S. Department of Agriculture, and the Children, Youth, and Families Education and Research Network (CYFERNet). NNCC's Web site is a source of over 1000 publications and resources related to child care. NNCC's also provides resources in Spanish. Publications on nutrition and feeding include the following:

- "Introducing Solid Foods to Babies" (1990), by Darlene Martin, published by the University of Nebraska-Lincoln Cooperative Extension Service, discusses when and what kinds of solid foods to introduce to babies. There is also information on home prepared baby food and heating food. This resource is available on the Web at <http://www.ianr.unl.edu/pubs/foods/g962.htm>.

- “Introducing Solid Foods” (April 2000), by Linda Bobroff, published by the University of Florida Cooperative Extension, provides parents with information about adding solid foods to their infant’s diet. It describes the foods that should be added and the sequence in which foods should be introduced. It also defines the parent’s and infant’s roles and responsibilities regarding feeding. It includes brief information about weaning. This resource is available on the Web at <http://edis.ifas.ufl.edu/HE965>.
- “Feeding Infants” (1995), by Sandra Ryan and Schafer Elisabeth, published by the Iowa State University Extension, addresses issues involved in providing for the nutritional needs of infants in child care. The topics covered include: breast milk and formula; introducing solid foods; preparing infant’s food; bottle tooth decay; and teething. This resource is available on the Web at <http://www.nncc.org/Nutrition/feed.infants.html>.
- “Bottlefeeding Basics” (2000), published by the South Dakota Department of Health, offers tips for bottlefeeding including mixing formula, preparing the bottle and the best ways to give an infant a bottle. This resource is available on the Web at <http://www.state.sd.us/doh/Nutrition/bottle.pdf>.

Additional resources on nutrition and diet are available on the Web at [http://cyfernet.ces.ncsu.edu/cyfdb/browse\\_2pageAnncc.php?subcat=Nutrition+and+Diet&search=NNCC&search\\_type=browse](http://cyfernet.ces.ncsu.edu/cyfdb/browse_2pageAnncc.php?subcat=Nutrition+and+Diet&search=NNCC&search_type=browse).

## ■ **ZERO TO THREE**

National Center for Infants, Toddlers and Families  
2000 M Street NW, Suite 200  
Washington, DC 20036  
800-899-4301

World Wide Web: <http://www.zerotothree.org/index.html>

ZERO TO THREE is a national nonprofit organization. Their mission is to promote the healthy development of our nation’s infants and toddlers by supporting and strengthening families, communities, and those who work on their behalf. They are dedicated to advancing current knowledge; promoting beneficial policies and practices; communicating research and best practices to a wide variety of audiences; and providing training, technical assistance and leadership development. The parenting section of the ZERO TO THREE Web site, available at [http://www.zerotothree.org/ztt\\_parentAZ.html](http://www.zerotothree.org/ztt_parentAZ.html), provides several resources on feeding and nutrition for young children.

The National Child Care Information Center does not endorse any organization, publication, or resource.